



# User Guide

May 2014

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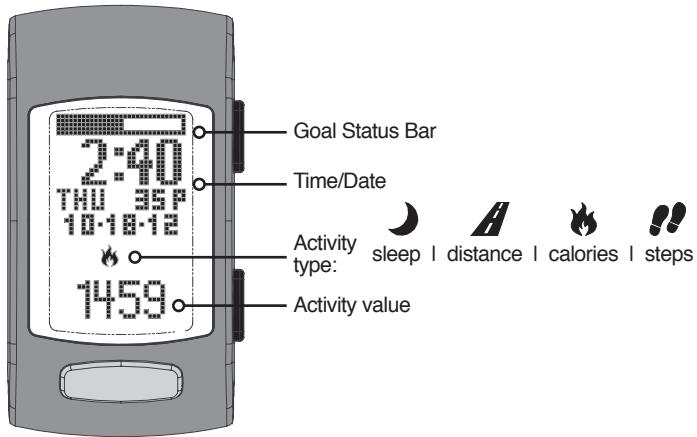
## Getting Started

First remove the sticker from the screen.

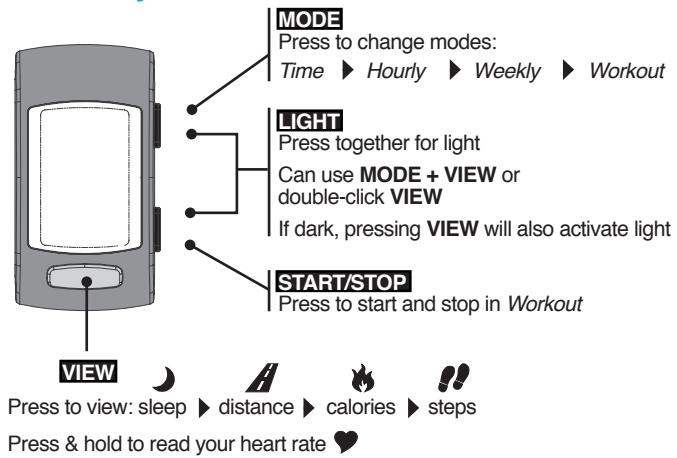
To turn on your activity tracker, press and hold any button.

You are now ready to enjoy your LifeTrak activity tracker. Here's to a healthier you!

## Display Layout (Home Screen)

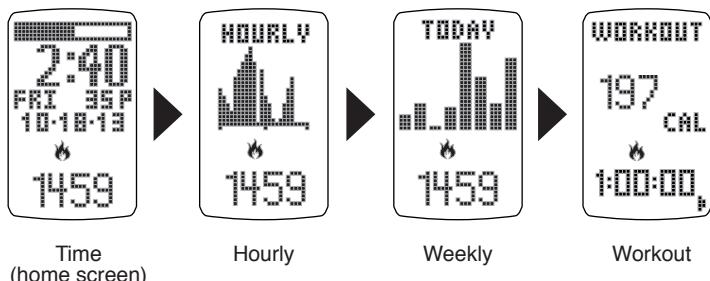


## Button Layout



**NOTE:** The buttons are not intended for use under water

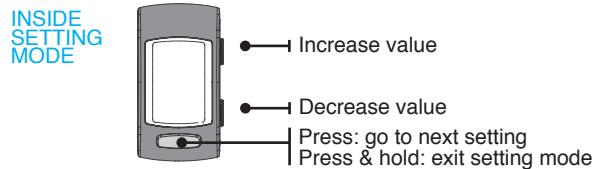
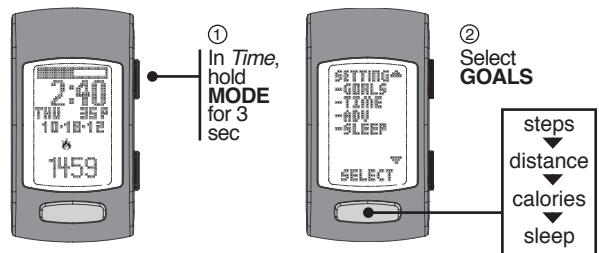
## Mode Overview



**NOTE:** If there is no activity in a particular mode for 60 seconds, the screen will return to Time.

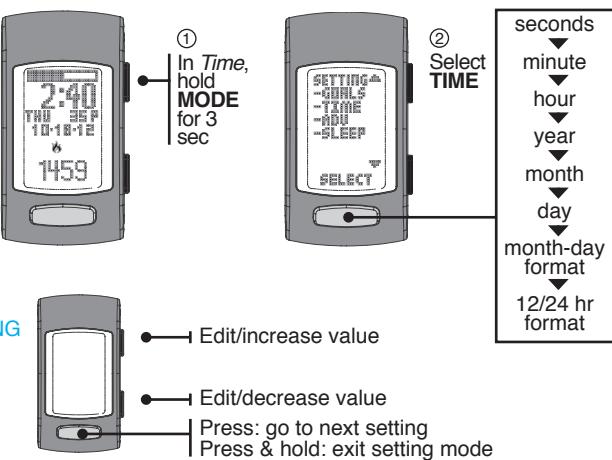
## Goal Setup

A great way to challenge yourself is to set daily goals for you to accomplish.



**NOTE:** You can exit early from any setting mode by holding VIEW. All data is saved upon exiting.

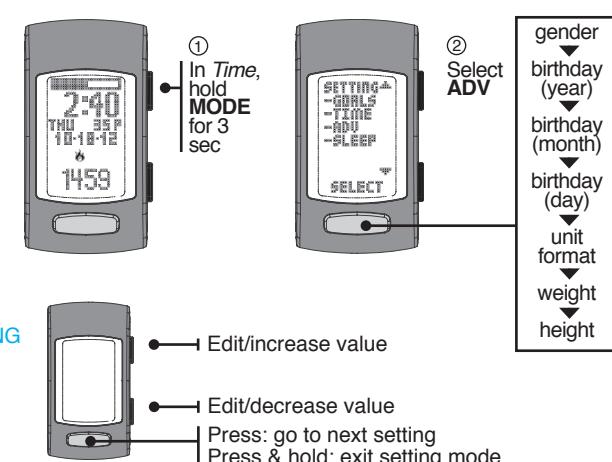
## Time Setup



**NOTE:** In TIME (home screen), AM and PM time are indicated by the "A" or "P" next to the seconds value.

## Advanced Setup

Advanced setup uses your personal information for the distance and calorie burn calculations, allowing you to get more out of your activity tracker.



## Sleep Tracker

Monitors the duration and quality of sleep based on motion and arm posture.

### Auto and Manual Settings

The sleep tracker has two operating settings: Auto and Manual.

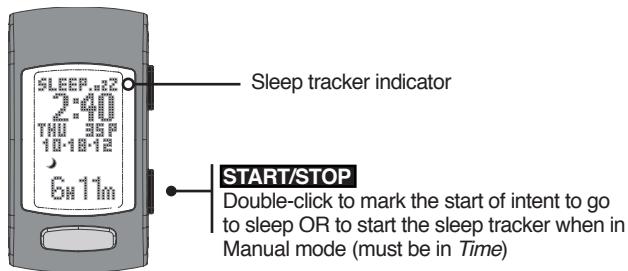
**Auto** (default): Sleep tracking is always enabled.

**Manual**: Sleep tracking is enabled by double-clicking **START/STOP** while in *Time*.

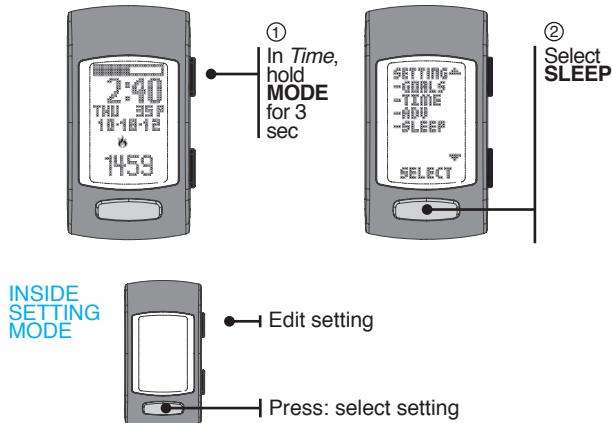
**NOTE:** If you intend to remove your activity tracker when you wake up, we recommend you manually stop the sleep tracker by double-clicking **START/STOP** while in *Time*.

When sleep tracking is enabled, the device will automatically detect the beginning and end of your sleep session.

Double-clicking **START/STOP** while in *Time* marks the time you go to bed. It also activates the sleep tracker if in Manual sleep tracking mode.



### Setting the Sleep Tracker Operation to Auto or Manual



### Sleep Data Collection

Our advanced sleep tracker is smart enough to distinguish if the device is on or off your wrist. Sleep tracking is disabled when the device is not on your wrist.

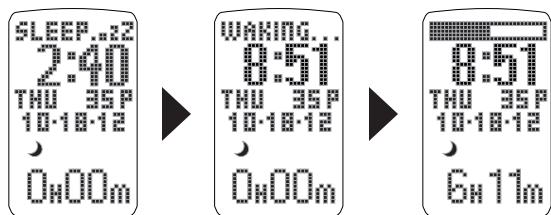
Total sleep time is accumulated during all sleep sessions that end on a particular day. For example, if you fell asleep last night and woke up this morning, your sleep duration will be added to today's total sleep time.

However, if you fell asleep last night at 10:00 p.m. and woke up at 11:00 p.m., that hour of sleep would be added to yesterday's total sleep time.

**NOTE:** The total sleep time will update only after your sleep activity has ended and it is determined you are awake.

**NOTE:** Minimum sleep time for recorded data is 45 minutes.

### Sleep Tracking Sequence



Sleep tracker is on.

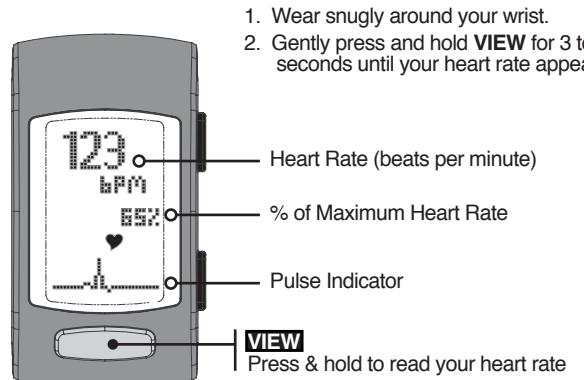
Waking screen appears when movement is sensed and the tracker is determining if you are awake.

Sleep tracker is off. You are now awake and total sleep time is updated.

**NOTE:** While in the Waking screen, if you fall back asleep the sleep tracker will continue and the "Sleep ..ZZ" message will reappear at the top. Total sleep time will not update.

## Heart Rate

Taking your heart rate will help you stay in your workout zones and help calculate your **calories more accurately**.

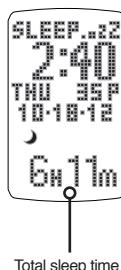


1. Wear snugly around your wrist.
2. Gently press and hold **VIEW** for 3 to 8 seconds until your heart rate appears.

### Helpful Hints

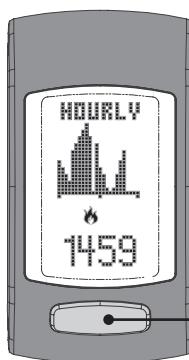
If you are having difficulty acquiring your heart rate, try the following:

1. Make sure your activity tracker is snugly strapped to your wrist. A loose fit makes it more difficult to properly measure your heart rate.
2. Upon putting on for the first time, allow a one-minute "warm up" before trying to acquire your heart rate.
3. When touching the heart sensor button (**VIEW**), make sure you are using the soft, flat pads of your fingers, not the tips of your fingers.
4. Touch gently with enough pressure to activate the heart sensor button (**VIEW**). Pressing too hard can make it difficult to measure your heart rate.
5. Make sure the back metal plate is lying flat on your skin.
6. Make sure your wrist and fingers are clean and free from dirt, oils, or lotions.
7. Clean the heart sensor button (**VIEW**) and back metal plate with a mild soap and water, or similar cleaning solution.
8. Moisten with water the pads of the fingers you are using to contact the heart sensor button (**VIEW**).
9. Moisten with water the surface between the back metal plate and the skin on your wrist.



## Hourly Display

Shows your progress throughout the day with a 24-hour graph. The bars are scaled to fit the data from the 24-hour period.



From **Time**,  
press **MODE** until you reach  
**Hourly Display**

**VIEW**  
Press to view:  
sleep, distance, calories, steps

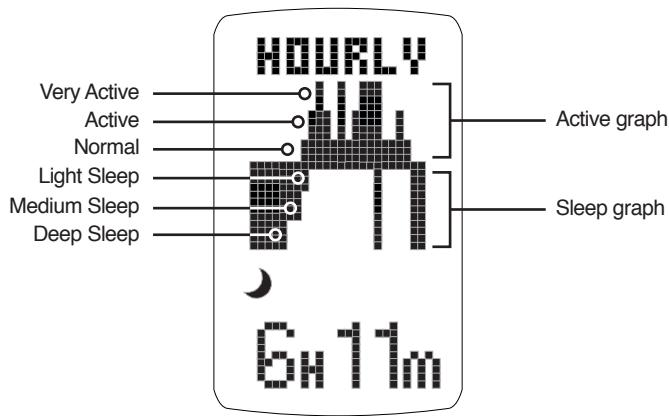
**NOTE:** Each bar represents the hour of the day starting with 12 a.m. on the far left. The flashing bar indicates the current hour.

### Hourly Actigraphy

The hourly actigraphy view provides a summary of your sleep and activity levels.

**Active:** Displays your activity levels while awake. Bars represent three categories: Normal, Active and Very Active

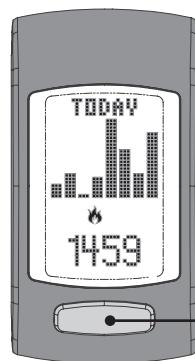
**Sleep:** Displays your sleep levels. Bars represent three categories: Light, Medium and Deep Sleep.



**NOTE:** The hourly actigraphy can only be seen when viewing sleep data

## Weekly Display

Shows your results for the past 7 days. The bars are scaled to fit the data from the past week.



From **Time**,  
press **MODE** until you reach **Weekly Display** ("Today" will be shown)

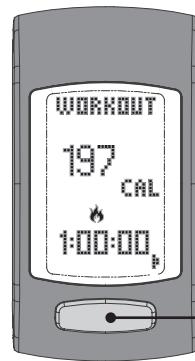
**START/STOP**  
Press to browse through the past  
7 days

**VIEW**  
Press to view:  
sleep, distance, calories, steps

**NOTE:** Each bar represents the last seven days with the oldest data on the far left. Once a new day of data is collected, the oldest data is pushed out.

## Workout Mode

Records data from an individual workout.



From **Time**,  
press **MODE** until you reach **Workout**

**START/STOP**  
Press to start/stop recording your  
workout

Hold to reset data (Workout mode  
must be stopped)

**VIEW**  
Press to view:  
distance, calories, steps

**NOTE:** Data recorded in Workout mode is also added to your daily totals.

## All-Day Calorie

Your activity tracker provides a more comprehensive calorie count by factoring in calories burned through everyday living, in addition to exercise and activity. This is a great tool to compare against your daily calorie intake!

It also provides a more accurate calorie count by calculating in your heart rate readings. So remember to get your heart rate throughout the day and more frequently during your exercise.

### Helpful Hints

1. Your body is always burning calories, even when sleeping or not in motion. Our All-Day Calorie tracker accounts for these calories burned.
2. You will see calories burned even when you're not wearing your activity tracker. This is normal as it is gauging the calories your body typically burns throughout the day.

## Dynamic Distance Calibration

For a more accurate distance, your activity tracker adjusts your stride length based on how fast you are walking or running.

### Helpful Hints

If you are having difficulty acquiring your steps, try the following:

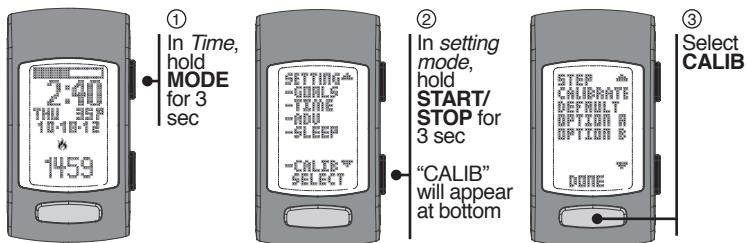
1. Take 30 - 40 steps before checking your step count.
2. If your steps and/or distance data are being over or undercounted, try adjusting the calibration settings (see next section).

**NOTE:** Step count is determined by actual steps. Arm motion can affect this count.

## Step/Distance Calibration Setting

The calibrations are already programmed with ideal settings. But if you must adjust it, there is a setting option you can access.

### Step Calibration Setting



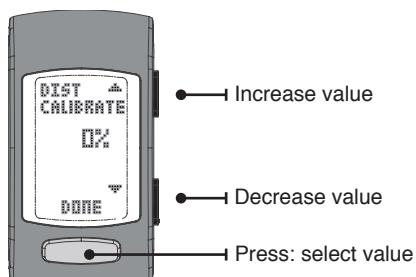
**Default:** Optimal setting for most people and conditions. This is the recommended setting.

**Option A:** For those with low impact movements (e.g., person who treads lightly on their feet).

**Option B:** For those with high impact movements (e.g., person who treads heavily on their feet).

### Distance Calibration Setting

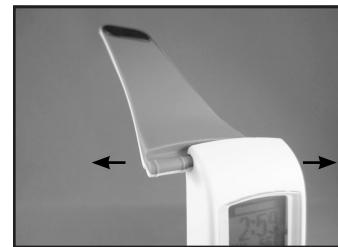
After selecting one of the three options (Default, Option A or Option B), you will also be able to adjust the distance calibration, if desired. Calibration range is from -25% to +25%.



## How to Change Your Bands

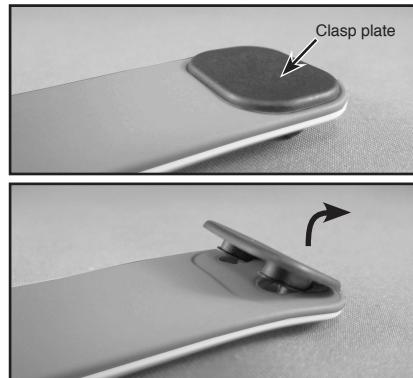
The bands of your activity tracker are reversible and replaceable:

1. Carefully slide the bands off the case. The bands can slide in either direction.



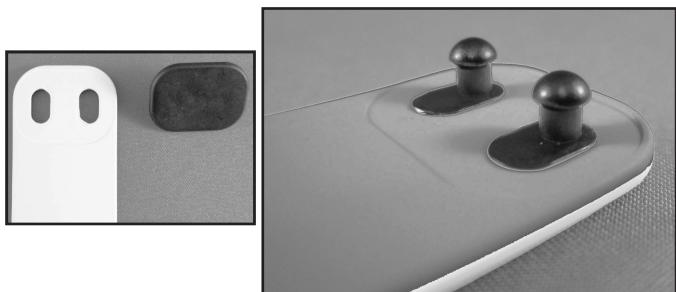
Actual model may vary from images shown.

2. On the short band (top band), remove the Clasp plate by pulling up and away from the band.

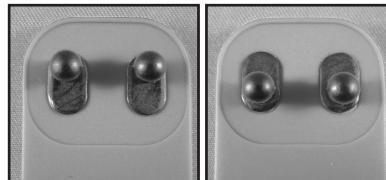


3. Place the Clasp on the reverse side of the band into the two holes. Press firmly around the two holes to secure the Clasp. You may hear it snap in place.

Make sure the base of the Clasp pins are fully secured into the band (see image below).



4. For a more refined fit, the Clasp can be rotated before placing into the band.



5. Carefully slide the bands back onto the case. The bands can slide in either direction



## Care & Maintenance

- The buttons are not intended for use in or under water as this may cause water leakage.
- Avoid rough usage or severe impacts.
- Keep the heart sensor button (VIEW) and back metal plate free from dirt, oils, or other contaminants.
- Periodically clean using a soft cloth with mild soap and water, or similar cleaning solution.
- Keep out of extreme heat or cold.
- Do not expose to intense direct sunlight for long periods of time.
- Do not expose to chemicals such as gasoline, alcohol, or solvents.

## Battery

Battery replacement should occur when:

- The display fades in part or completely
- The Heart Rate function will not activate

The battery life will vary depending on usage.

We recommend battery replacement be done by a watch repair service center to ensure the water seals are not compromised during the process.

Your activity tracker uses one (1) standard lithium replacement battery:  
**CR2032**

### Replacing the Battery

**NOTE:** Removing the battery will erase all settings and data from your activity tracker.

1. Remove the four screws from the back cover and carefully lift it off.



**NOTE:** Be careful not to move the rubber water seal in the battery compartment.

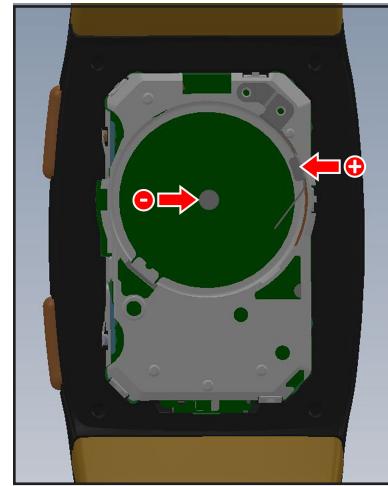
2. Using fine-point tweezers (or similar tool), push the small tab in toward the edge and carefully pry out the battery.



3. Before inserting a new battery, you will need to discharge any remaining power in your activity tracker.

To do this, take a small metal object (e.g., coin) and touch the positive (+) and negative (-) contact points at the same time. The negative contact point is a spring.

Don't worry, you will **NOT** get shocked.



**NOTE:** If, for any reason, the new battery touches the contact points and is removed (i.e., installed and then taken out), Step 3 must be repeated.

4. Install the new battery with the positive (+) side facing up.

5. Replace the back cover and the four screws.

**NOTE:** Make sure the rubber water seal is seated correctly in the battery compartment before putting the back cover on.

## Power Save Screen

To conserve the battery, the screen will shut off after 30 minutes of inactivity. Only current time and the message "Shake Me" will be displayed.

To turn your screen on, simply shake it or press any button.



## Master Reset

To perform a master reset and clear all data, hold together for 3 seconds **MODE + START/STOP + VIEW**. Your activity tracker will reset and turn off.

To activate again, press and hold any button.

**NOTE:** A master reset will clear all data, settings and history records.

## Patent

Your activity tracker and heart rate technology are a result of, and protected by, the following patents:

US: 5,738,104 & 5,876,350  
Europe: EPO 0861045B1

## Limited One (1) Year Warranty

Your activity tracker is warranted for a period of **one (1) year** from the date of purchase from an authorized retailer.

If defective, return it with the original receipt, or copy, to your original retailer or to LifeTrak for a replacement.

This warranty covers defects in materials and workmanship only. It does not cover the battery, damage due to abuse or misuse, accidents, or any commercial use.

## Compliance

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. This device and its antenna(s) must not be co-located or operating in conjunction with any other antenna or transmitter.

FCC Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment

IC: This Class B digital apparatus complies with Canadian ICES-003. Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

**DECLARATION DE CONFORMITE D'INDUSTRIE CANADA**  
Ce périphérique a été testé et reconnu conforme aux limites spécifiées dans RSS-210.

Son utilisation est soumise aux deux conditions suivantes:  
(1) il ne doit pas provoquer d'interférences gênantes et  
(2) il doit tolérer les interférences reçues, notamment celles susceptibles d'en perturber le fonctionnement.

## Limitations

The warranty stated above is the only warranty applicable to this product. All other warranties, expressed or implied, including all implied warranties of merchantability or fitness for a particular purpose, are hereby disclaimed. No verbal or written information given by LifeTrak, its agents or employees shall create a guarantee or in any way increase the scope of this warranty.

Repair or replacement as provided under this warranty is the exclusive remedy of the consumer. LifeTrak shall not be liable for incidental or consequential damages resulting from the use of this product or arising out of any breach of any express or implied warranty on this product. Except to the extent prohibited by law, any implied warranty of merchantability or fitness for a particular purpose on this product is limited to the applicable warranty period set forth above. Consumer rights may vary from state to state.

## Disclaimer

Your activity tracker is not a medical device, nor intended for use in medical or patient monitoring applications. It is not intended for use in any commercial application.

Always consult a physician before starting any physical activity.

The features and/or images of your activity tracker may vary slightly from those described in this guide. The information in this manual is intended to be for informational purposes only, and is subject to change without notice.

## Specifications

### Workout

Chronograph range: 9 hr, 59 min, 59 sec  
Step/Goal range: 0 - 99,999 steps  
Calorie/Goal range: 0 - 99,999  
Distance/Goal range: 621.3 mi / 999.9 km

### Sleep

Sleep/Goal range: 1 hr 00 min - 14 hr 50 min

### History

Memory: 7-day memory

### Heart Rate

Heart rate range: 30 - 240 BPM

### Time

AM, PM, hour, minute, seconds  
12/24 hr format  
Calendar: month, day, date (w/auto leap year adjustment)

### Advanced Setup

Age range: 5 - 99  
Height range: 40 - 84 in / 100 - 220 cm  
Weight range: 44 - 440 lb / 20 - 200 kg

### Other

Backlight

Water resistant up to 30 meters

## Contact

- Email: support@LifeTrakUSA.com
- Website: [www.LifeTrakUSA.com](http://www.LifeTrakUSA.com)
- Phone: 1-855-903-9030
- Mail:

LifeTrak  
39962 Cedar Blvd, Ste 285  
Newark, CA 94560

For additional band colors, accessories and other innovative products, visit us at [LifeTrakUSA.com](http://LifeTrakUSA.com).

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